

## **Physical Education and Activity State Questionnaire**

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**School Health Policies and Practices Study 2012  
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# Physical Education State Questionnaire

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## Special Instructions

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THIS QUESTIONNAIRE WILL BE ADMINISTERED USING WEB-BASED INTERVIEW TECHNOLOGY. AS THE RESPONDENT TYPES RESPONSES TO THE QUESTIONS INTO THE COMPUTER, THE INTERVIEW PROGRAM WILL 1) DISPLAY THE CORRECT TENSE OF VERBS, 2) PROVIDE ALTERNATE ANSWERS TO QUESTIONS (E.G., NOT APPLICABLE, “I DON’T KNOW”), 3) NAVIGATE COMPLEX SKIP PATTERNS, AND 4) PERFORM OTHER USEFUL FUNCTIONS. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

1. Some questions in this questionnaire will ask about physical education in your state. Physical education refers to class time that is spent teaching physical education. Please do not include instruction on physical activity topics that are part of health education or any other subject or course. Also, do not consider regularly scheduled recess. You have been identified as the person who knows the most about how physical education is provided throughout all grades in your state. As you think about the questions, please consider all physical education provided to students in your state.
2. For the purposes of this questionnaire, “elementary school” refers to a school that contains any of grades K–5. “Middle school” refers to a school that contains any of grades 6–8. Some jurisdictions may refer to these schools as “junior high schools.” “High school” refers to a school that contains any of grades 10–12. Some jurisdictions may refer to these schools as “senior high schools.”

## Standards

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The first questions ask about your state’s physical education standards. These standards might cover student expectations and performance outcomes for physical education.

1. Has your state adopted national or state physical education standards?

Yes.....1

No.....2 →SKIP TO Q3

2. Are these physical education standards based on the National Standards for Physical Education from the National Association for Sport and Physical Education?

Yes.....1

No.....2

## State Assistance to Districts and Schools

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The next questions ask about state assistance to districts and schools.

3. During the past 2 years, did your state develop, revise, or assist in developing model policies, policy guidance, or other materials to inform district or school policy on each of the following physical education topics?

	<b>Yes</b>	<b>No</b>
a. Time requirements for elementary school physical education.....	1.....	2
b. Time requirements for middle school physical education.....	1.....	2
c. Time and graduation requirements for high school physical education.....	1.....	2
d. Certification or licensure requirements for physical education teachers.....	1.....	2
e. Professional development or continuing education requirements to maintain certification or licensure.....	1.....	2
f. Use of physical activity as a punishment during physical education class.....	1.....	2
g. Exemptions or waivers for physical education requirements for participation in other activities.....	1.....	2
h. Using fitness tests.....	1.....	2
i. Assessing student achievement of physical education standards.....	1.....	2

4. During the past 2 years, did your state develop, revise, or assist in developing model policies, policy guidance, or other materials to inform district or school policy on each of the following physical activity topics?

	<b>Yes</b>	<b>No</b>
a. Recess.....	1.....	2
b. Physical activity outside of physical education and recess, such as classroom-based physical activity.....	1.....	2
c. Walking or biking to or from school.....	1.....	2
d. Preventing, recognizing, and responding to concussions among students.....	1.....	2
e. Measuring or monitoring student weight status, such as body mass index (BMI).....	1.....	2

5. During the past 2 years, did your state distribute to district or school staff model policies, policy guidance, or other materials to inform district or school policy on each of the following physical education topics?

	<b>Yes</b>	<b>No</b>
a. Time requirements for elementary school physical education.....	1.....	2
b. Time requirements for middle school physical education.....	1.....	2
c. Time and graduation requirements for high school physical education.....	1.....	2
d. Certification or licensure requirements for physical education teachers.....	1.....	2
e. Professional development or continuing education requirements to maintain certification or licensure.....	1.....	2
f. Use of physical activity as a punishment during physical education class.....	1.....	2
g. Exemptions or waivers for physical education requirements for participation in other activities.....	1.....	2
h. Using fitness tests.....	1.....	2
i. Assessing student achievement of physical education standards.....	1.....	2

6. During the past 2 years, did your state distribute to district or school staff model policies, policy guidance, or other materials to inform district or school policy on each of the following physical activity topics?

	<b>Yes</b>	<b>No</b>
a. Recess.....	1.....	2
b. Physical activity outside of physical education and recess, such as classroom-based physical activity.....	1.....	2
c. Walking or biking to or from school.....	1.....	2
d. Preventing, recognizing, and responding to concussions among students.....	1.....	2
e. Measuring or monitoring student weight status, such as body mass index (BMI).....	1.....	2

7. During the past 2 years, did your state distribute to district or school staff the Physical Education Curriculum Analysis Tool (PECAT)?

Yes.....1

No.....2

The next question asks about technical assistance your state may have provided to district or school staff. Technical assistance refers to tailored guidance to meet the specific needs of the district or school that may be provided through phone, e-mail, Internet, or in-person meetings.

8. During the past 12 months, has your state provided technical assistance to district or school staff on...

	<b>Yes</b>	<b>No</b>
a. Using the Physical Education Curriculum Analysis Tool (PECAT) to help assess physical education curricula?.....1.....2	1.....	2
b. Using data to plan or evaluate physical education policies or practices?.....1.....2	1.....	2
c. Time requirements for elementary school physical education?.....1.....2	1.....	2
d. Time requirements for middle school physical education?.....1.....2	1.....	2
e. Time and graduation requirements for high school physical education?.....1.....2	1.....	2
f. Certification or licensure requirements for physical education teachers?.....1.....2	1.....	2
g. Professional development or continuing education requirements to maintain certification or licensure?.....1.....2	1.....	2
h. Use of physical activity as a punishment during physical education class?.....1.....2	1.....	2
i. Exemptions or waivers for physical education requirements for participation in other activities?.....1.....2	1.....	2
j. Using fitness tests?.....1.....2	1.....	2
k. Assessing student achievement of physical education standards?.....1.....2	1.....	2
l. Recess?.....1.....2	1.....	2
m. Physical activity outside of physical education and recess, such as classroom-based physical activity?.....1.....2	1.....	2

**(Q8 continued)**

	<b>Yes</b>	<b>No</b>
n. Walking or biking to or from school?.....	1.....	2
o. Preventing, recognizing, and responding to concussions among students?.....	1.....	2
p. Measuring or monitoring student weight status, such as body mass index (BMI)?.....	1.....	2
 9. During the past 2 years, did your state develop, revise, or assist in developing or improving each of the following items?		
	<b>Yes</b>	<b>No</b>
a. Physical education curricula.....	1.....	2
b. Physical education standards.....	1.....	2
c. A framework or course of study for physical education.....	1.....	2
d. Instructional strategies for physical education.....	1.....	2
e. Lesson plans or learning activities for physical education.....	1.....	2
f. Plans or tools for assessing or evaluating students in physical education.....	1.....	2

## Elementary School Instruction

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The next questions ask about elementary school instruction.

10. Has your state adopted standards for elementary school physical education?

Yes.....1

No.....2 →SKIP TO Q12

11. Do the standards adopted by your state for elementary school physical education specifically address...

	Yes	No
a. Competence in motor skills and movement patterns needed to perform a variety of physical activities?.....1.....2	1.....2	2
b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities?.....1.....2	1.....2	2
c. Regular participation in physical activity?.....1.....2	1.....2	2
d. Achievement and maintenance of a health-enhancing level of physical fitness?.....1.....2	1.....2	2
e. Responsible personal and social behavior that respects self and others in physical activity settings?.....1.....2	1.....2	2
f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....1.....2	1.....2	2

The next questions ask about resources that state agencies may provide to districts or schools for elementary school physical education.

12. During the past two years, has your state provided...

	Yes	No
a. A list of one or more recommended elementary school physical education curricula?.....1.....2	1.....2	2
b. Physical education standards for elementary school?.....1.....2	1.....2	2
c. A framework or course of study for elementary physical education?.....1.....2	1.....2	2
d. Lesson plans or learning activities for elementary school physical education?.....1.....2	1.....2	2
e. Plans or tools for assessing or evaluating students in elementary school physical education?.....1.....2	1.....2	2

## Middle School Instruction

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The next questions ask about middle school instruction.

13. Has your state adopted standards for middle school physical education?

Yes.....1

No.....2 →SKIP TO Q15

14. Do the standards adopted by your state for middle school physical education specifically address...

	Yes	No
a. Competence in motor skills and movement patterns needed to perform a variety of physical activities?.....1.....2	1.....2	2
b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities?.....1.....2	1.....2	2
c. Regular participation in physical activity?.....1.....2	1.....2	2
d. Achievement and maintenance of a health-enhancing level of physical fitness?.....1.....2	1.....2	2
e. Responsible personal and social behavior that respects self and others in physical activity settings?.....1.....2	1.....2	2
f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....1.....2	1.....2	2

The next questions ask about resources that state agencies may provide to districts or schools for middle school physical education.

15. During the past two years, has your state provided...

	Yes	No
a. A list of one or more recommended middle school physical education curricula?.....1.....2	1.....2	2
b. Physical education standards for middle school?.....1.....2	1.....2	2
c. A framework or course of study for middle school physical education?.....1.....2	1.....2	2
d. Lesson plans or learning activities for middle school physical education?.....1.....2	1.....2	2
e. Plans or tools for assessing or evaluating students in middle school physical education?.....1.....2	1.....2	2

## High School Instruction

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The next questions ask about high school instruction.

16. Has your state adopted standards for high school physical education?

Yes.....1

No.....2 →SKIP TO Q18

17. Do the standards adopted by your state for high school physical education specifically address...

	<b>Yes</b>	<b>No</b>
a. Competence in motor skills and movement patterns needed to perform a variety of physical activities?.....1.....2	1.....	2
b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities?.....1.....2	1.....	2
c. Regular participation in physical activity?.....1.....2	1.....	2
d. Achievement and maintenance of a health-enhancing level of physical fitness?.....1.....2	1.....	2
e. Responsible personal and social behavior that respects self and others in physical activity settings?.....1.....2	1.....	2
f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....1.....2	1.....	2

The next questions ask about resources that state agencies may provide to districts or schools for high school physical education.

18. During the past two years, has your state provided...

	<b>Yes</b>	<b>No</b>
a. A list of one or more recommended high school physical education curricula?.....1.....2	1.....	2
b. Physical education standards for high school?.....1.....2	1.....	2
c. A framework or course of study for high school physical education?.....1.....2	1.....	2
d. Lesson plans or learning activities for high school physical education?.....1.....2	1.....	2
e. Plans or tools for assessing or evaluating students in high school physical education?.....1.....2	1.....	2

## Fitness Testing

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19. Do districts or schools in your state report fitness test data to the state education agency or state health department?

Yes.....1

No.....2 → SKIP TO Q21

20. Does your state use fitness test data to...

	<b>Yes</b>	<b>No</b>
a. Monitor student fitness levels?.....	1.....	2
b. Monitor student obesity rates?.....	1.....	2
c. Assess student performance in physical education?.....	1.....	2
d. Inform the development or improvement of policies, standards, or instruction for physical education?.....	1.....	2

## Certification, Licensure, or Endorsement

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The next questions ask about types of certification, licensure, or endorsement your state may offer for physical education teachers.

21. Does your state offer certification, licensure, or endorsement for...

	<b>Yes</b>	<b>No</b>
a. Physical education for grades K–12?.....	1.....	2
b. Physical education for elementary school?.....	1.....	2
c. Physical education for middle school?.....	1.....	2
d. Physical education for high school?.....	1.....	2
e. Combined physical education and health education for grades K–12?.....	1.....	2
f. Combined physical education and health education for elementary school?.....	1.....	2
g. Combined physical education and health education for middle school?.....	1.....	2
h. Combined physical education and health education for high school?.....	1.....	2

## Professional Development

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The next questions are about professional development for those who teach physical education. This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service.

22. During the past two years, has your state provided funding for or offered professional development to those who teach physical education on...

	<b>Yes</b>	<b>No</b>
a. Methods to increase the amount of class time students are engaged in moderate to vigorous physical activity?.....	1.....	2
b. Methods to promote gender equity in physical education and sports?.....	1.....	2
c. Using technology such as computers or video cameras for physical education?.....	1.....	2
d. Using physical activity monitoring devices such as pedometers or heart rate monitors for physical education?.....	1.....	2
e. Encouraging family involvement in physical activity?.....	1.....	2
f. Administering or using fitness tests?.....	1.....	2
g. Helping students develop individualized physical activity plans?.....	1.....	2
h. Injury prevention and first aid?.....	1.....	2
i. How to prevent, recognize, and respond to concussions among students?.....	1.....	2
j. Teaching physical education to students with long-term physical, medical, or cognitive disabilities?.....	1.....	2
k. Teaching individual or paired activities or sports?.....	1.....	2
l. Teaching team or group activities or sports?.....	1.....	2
m. Teaching movement skills and concepts?.....	1.....	2
n. Assessing or evaluating student performance in physical education?.....	1.....	2
o. Developing and using student portfolios for physical education?.....	1.....	2
p. Teaching methods to promote inclusion and active participation of overweight children during physical education?.....	1.....	2

(Q22 continued)

	<b>Yes</b>	<b>No</b>
q. Chronic health conditions, for example asthma or diabetes, including recognizing and responding to severe symptoms or reducing triggers?.....	1.....	2
r. Methods for developing, implementing, and evaluating intramural or physical activity clubs?.....	1.....	2
s. Developing, implementing, and evaluating comprehensive school physical activity programs?.....	1.....	2
t. Establishing walking or biking to school programs?.....	1.....	2
u. Assessing student weight status using body mass index (BMI), skinfolds, or bioelectric impedance?.....	1.....	2
v. Physical education standards?.....	1.....	2
w. Teaching online or distance education courses?.....	1.....	2
x. Transforming traditional face-to-face courses into an online format?.....	1.....	2
y. Using the Physical Education Curriculum Analysis Tool (PECAT) to help assess physical education curricula?.....	1.....	2
z. Using data to plan or evaluate physical education policies or practices?.....	1.....	2

## Collaboration

The next questions ask about collaboration among physical education staff and other staff in your state.

23. During the past 12 months, have state-level physical education staff worked on physical education activities with state-level...

	Yes	No	State does not have staff in this area
a.....Health education staff?.....	1.....	2.....	3
b.....Health services staff?.....	1.....	2.....	3
c.....Mental health or social services staff?.....	2.....	3	
d.....Child nutrition or nutrition services staff?.....	2.....	3	

24. During the past 12 months, have state-level physical education staff worked on physical education activities with staff or members from...

	Yes	No	State does not have this agency or organization
a. The state health department?.....	1.....	2.....	3
b. Action for Healthy Kids?.....	1.....	2.....	3
c. Alliance for a Healthier Generation?.....	1.....	2.....	3
d. An AAHPERD state affiliate?.....	1.....	2.....	3
e. The Governor's Council on Physical Fitness and Sports?.....	1.....	2.....	3
f. The state parks or recreation department?.....	1.....	2.....	3
g. The state department of transportation?.....	1.....	2.....	3
h. A state-level school nurses' association or organization?.....	1.....	2.....	3
i. A state-level physicians' organization, such as the American Academy of Pediatrics?.....	1.....	2.....	3
j. A state-level health organization, such as the American Heart Association or the American Cancer Society?.....	1.....	2.....	3
k. A state-level parents' organization, such as the Parent Teacher Association (PTA)?.....	1.....	2.....	3

l. A state-level youth organization, such as the Boys and Girls Club?.....1.....2.....3

**(Q24 continued)**

	<b>Yes</b>	<b>No</b>	<b>State does not have this agency or organization</b>
m. A state-level school health committee, council, or team?.....1.....2.....3			
n. Colleges or universities?.....1.....2.....3			
o. Businesses?.....1.....2			
p. A professional sports team?.....1.....2.....3			

## Interscholastic Sports

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25. During the past two years, has your state education agency provided any funding for or offered professional development to coaches of interscholastic sports?

Yes.....1

No.....2

## Physical Education Coordinator

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26. Currently, does someone in your state oversee or coordinate physical education?
- Yes.....1
- No.....2 → That is the last question.  
Thank you very much for taking  
the time to complete this  
questionnaire.

27. Are you this person?
- Yes.....1
- No.....2 → That is the last question.  
Thank you very much for taking  
the time to complete this  
questionnaire.

The last few questions ask about your educational background.

28. Do you have an undergraduate degree?
- Yes.....1
- No.....2 → SKIP TO Q34

29. What did you major in?  
MARK ALL THAT APPLY
- Physical education.....1
- Health education.....2
- Other education.....3
- Kinesiology, exercise physiology,  
or exercise science.....4
- Other (Specify).....5

30. Did you have an undergraduate minor?
- Yes.....1
- No.....2 → SKIP TO Q32

31. What did you minor in?  
MARK ALL THAT APPLY

- Physical education.....1
- Health education.....2
- Other education.....3
- Kinesiology, exercise physiology,  
or exercise science.....4
- Other (Specify).....5

32. Do you have a graduate degree?

- Yes.....1
- No.....2 →SKIP TO Q34

33. In what area or areas?  
MARK ALL THAT APPLY

- Physical education.....1
- Health education.....2
- Other education.....3
- Kinesiology, exercise physiology,  
or exercise science.....4
- Other (Specify).....5

34. Are you certified, licensed, or endorsed by the state to teach physical education at the...

	Yes	No	<b>State does not offer certification, licensure, or endorsement to teach physical education at this level</b>
a. Elementary school level?.....1.....2.....3			
b.....Middle school level?.....1.....2 3			
c.....High school level?.....1.....2 3			

Thank you very much for taking the time to participate in this study.

If you would like more information about this study or would like clarification of any questions in this questionnaire, please call 800-287-1815.